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Baby's last name

Gladstone & Semchuk = Semstone

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ISTOCK

Violence in the city

RALLY

Community marches for peace during fatal weekend

Gilbert Ngabo
Metro | Toronto

The Jane and Finch community came together to demand an end to violence across the city, but the violence continued in Toronto's neighbourhoods.

After a weekend marred by shootings and stabbings, community organizers are calling on politicians to be more visible in the campaign for change.

Friends in Toronto Community Services held a rally Saturday, walking from Jane and Finch to Downsview Park. Police Chief Mark Saunders and Coun. Anthony Peruzza were present, but Mayor John Tory was not.

"A lot of people who are in positions to make the difference aren't pulling their weight," said Antonius Clarke, one of the organizers.

"It was an opportunity for him to send a strong message, even on TV, to show that he endorses our efforts to fight against violence. But why isn't he doing that?"

The mayor's office told Metro it did not have a record of an invitation and is looking into the matter.

"The issue is very important to the Mayor and he's been committed to community safety in all parts of the city," his office wrote via email.

The rally coincided with a particularly violent weekend. A woman was sent to hospital after a downtown stabbing Friday; a man in his late 20s was shot in Etobicoke Saturday; and the Ontario Special Investigations Unit is investigating a fatal, police-involved shooting in Roncesvalles early Sunday.

"The urgency is getting worse every day," Clarke said. "We have to find a way to live together in peace."

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metro NEWS

Your essential daily news

Convention chaos: groups of protesters make their voices heard as Democrats gather **World**

The cost of living near the subway

With homes well into the millions, here's a citywide breakdown of life on key transit stops

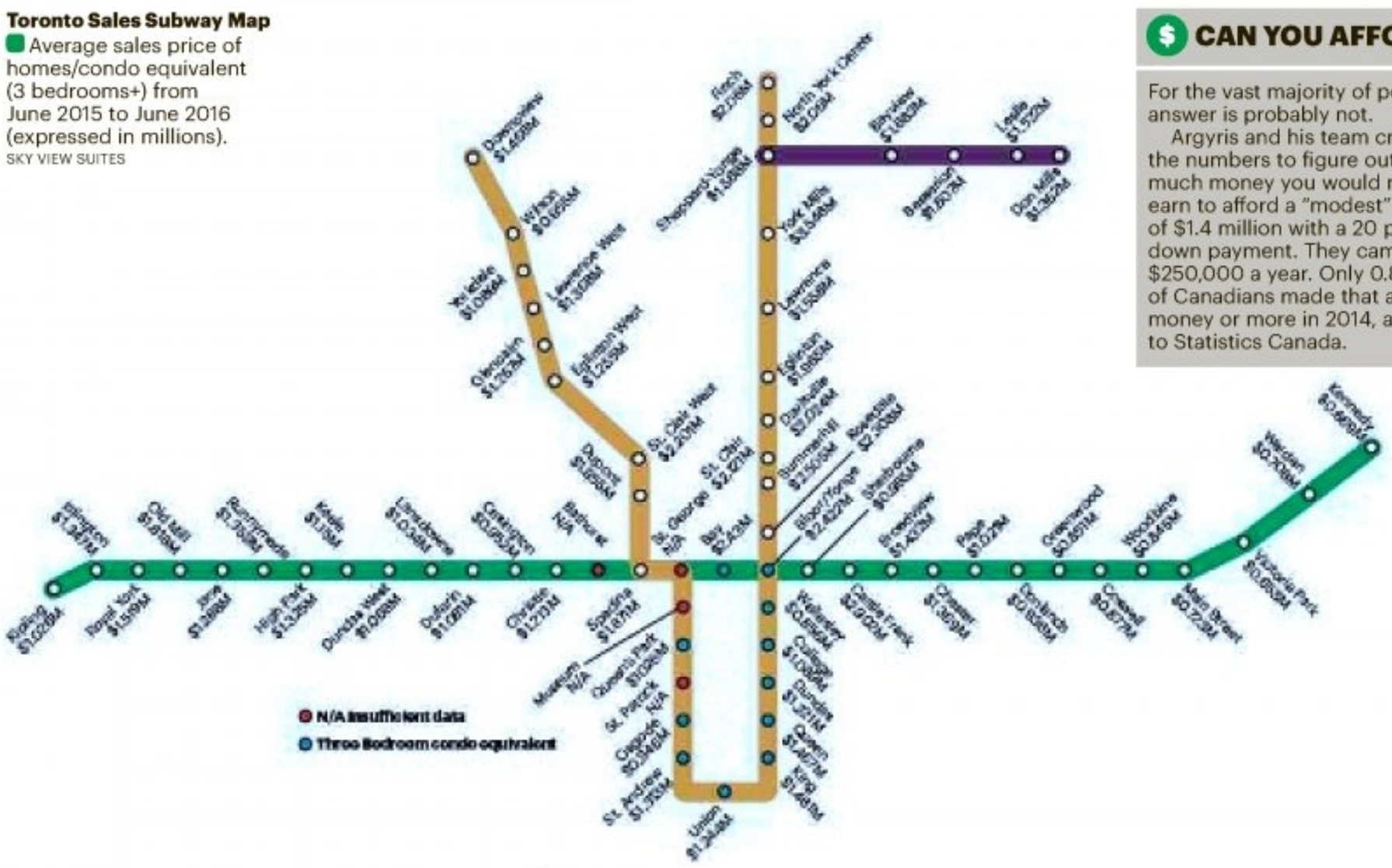
May Warren
Metro | Toronto

Want to raise your family in a home or condo along the Toronto subway line?

It'll cost you at least one million dollars, says a new study conducted by a local real estate company.

Sky View Suites, which manages short-term rentals and furnished apartments, used a variety of real estate data to map average home prices within one kilometre of every subway stop.

Steven Argyris, a partner at Sky View, called the finished product "alarming" and talked to Metro about some of the findings.



$ CAN YOU AFFORD IT?

For the vast majority of people, the answer is probably not.

Argyris and his team crunched the numbers to figure out how much money you would need to earn to afford a "modest" home of $1.4 million with a 20 per cent down payment. They came up with $250,000 a year. Only 0.8 per cent of Canadians made that amount of money or more in 2014, according to Statistics Canada.

York Mills Station: $3.5M

This north Toronto neighborhood's average price tag of $3.5 million "stuck out like a sore thumb" for Argyris.

He suspects there are one or two pricey neighborhoods that are skewing the figure. It's a good example of why moving outside the core doesn't always mean saving money, he said.

Union Station: $1.244M

Along the southern end of the Yonge-University line, the Sky View team used data on condos with three or more bedrooms since there aren't very many detached houses, Argyris said. For the other stops, they looked at data for homes, so the prices around Union may appear more affordable.

Wellesley Station: $856K

Wellesley Station couldn't be more central, but is still slightly cheaper than homes around other stops — it's one of the few locations where house prices are still six figures. It's a far cry from nearby Bay Station, for example, where the average sticker price is almost $2.5 million. "There are just different neighborhoods there. Wellesley is closer to Sherbourne and lower-income areas," Argyris explained.

The suburbs

Argyris isn't surprised average prices for stops in Etobicoke are over the one-million mark, despite a subway commute to downtown that can easily run 45 minutes. It's an area with a lot of wealth, so, of course, homes are likely to sell for more. On the other side of town, the stops stretching into Scarborough are home to some of the cheapest properties. For Argyris, it's a reflection that the neighborhood still suffers from a bad rap. Because of that, people might steer clear despite savings, he said.

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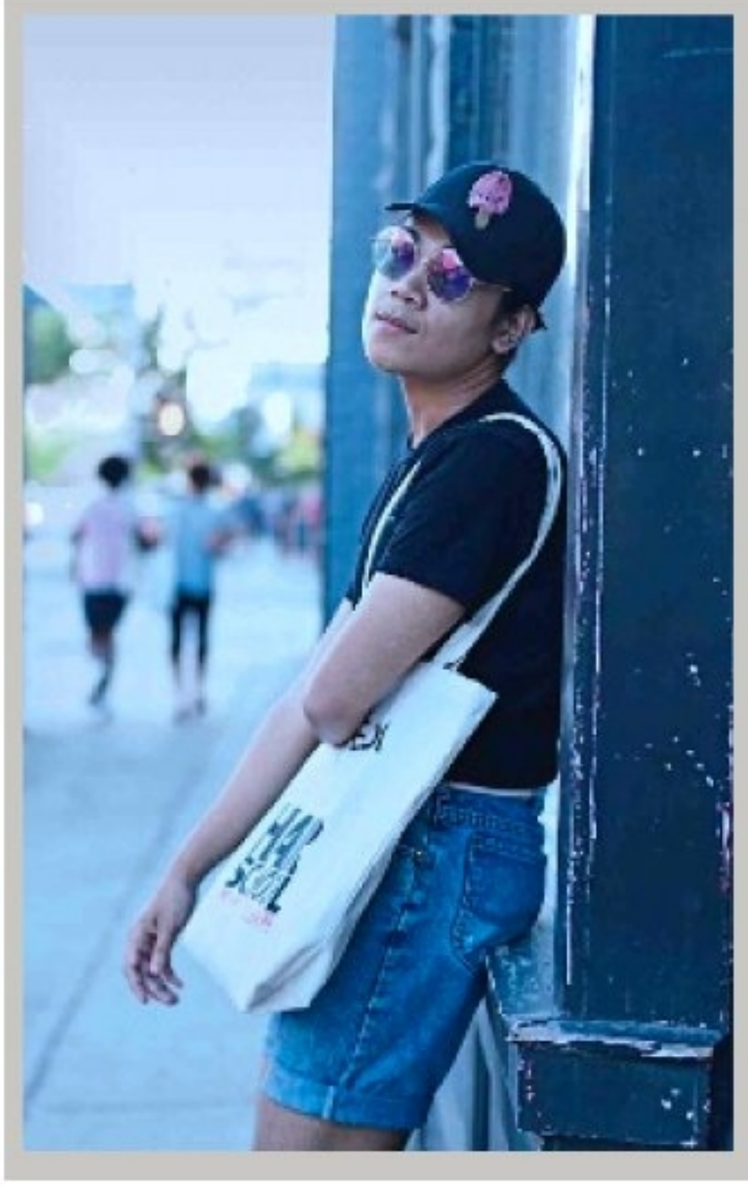
Humans of Toronto by K. Omar



"When you're growing up, people aren't honest with you. They want you to think that your life is full of rainbows and unicorns. They try to groom you and tell you life is perfect, when sometimes it is not. When I graduated high school, reality smacked me really hard. Smacked me in the ass. Life's rough, students are broke.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Noise complaints end toddlers' camp

THE BEACH

Sports program must move after city revokes its permit

Grayson Ryder, 3, and Asha Abji, 4, play at Lynndale Parkette.
LUCAS OLENIUK/TORSTAR NEWS SERVICE

Sportball, a children's sports program, has been turfed from Lyndale Parkette in the Beach, mid-program, after residents complained of an "unsafe and noisy environment" created by the classes.

Sportball staff were advised by the city that they and parents would be subject to a fine if they returned, said Carmella Gelgor, part of Sportball's management team. The culprits? A bunch of toddlers, learning elementary sport skills.

"They're not even able to play a game yet," said Cathy Abji, laughing. Her 4-year-old daughter, Asha, is enrolled in Sportball's soccer program.

Sportball offered classes three days a week at the parkette, for a total of six hours every week. The classes are for children aged 16 months to 5 years old. While the maximum class size is 10, most have only four or five kids enrolled, said Gelgor.

Matthew Cutler, public relations manager with Toronto's Parks, Forestry, and Recreation division, said residents voiced concerns about noise and increased traffic.

Gelgor said Sportball received a call from the city saying its permit had been revoked.

The program has since been moved to a park at nearby Blantyre Public School. But according to Cutler, the decision to move Sportball was not based on an assessment of the program itself.

"I wouldn't say that we've made any determination about what kind of noise or behaviour is appropriate for that park," Cutler said. "We never got to that level of analysis."

Instead, the change of location was an attempt to accommodate both sides.

"Our first approach is always to balance those needs and find a solution that works for everybody, which I think is what happened in this case," Cutler said.

But parents are unimpressed — bemused that their toddlers' program could be the source of alarm.

Brian Hill, whose house backs onto the parkette from Anndale Rd., said that he had no problem with the sports program. "I live right on it and I heard no sound," he said. TORSTAR NEWS SERVICE

Breaking down while going up

Torontonians share their elevator horror stories

Gilbert Ngabo
Metro | Toronto

As Toronto continues to grow skyward, more and more people rely on elevators to get where they're going. That's all well and good until the elevators break down, which, according to a recent Canadian Press report, is a growing problem.

The situation is especially bad in Toronto, where 2,862 elevator rescue calls were made to 9-1-1 last year. Metro hit the streets to ask Torontonians about their run-ins with broken elevators.

Here's what they said:

"It just stopped. I was alone in there for something like an hour, waiting for help."

Ashley Kerrigan (with her six-year-old daughter, Emma). Kerrigan was seven months pregnant when she got stuck in an elevator at Eaton Centre.

"It was very vexing. You feel trapped and start pressing every button, fearing the worst."

Kevin John, who spent an hour stuck in a building elevator two years ago.

"All our 15 visitors had to climb stairs up to the 20th level. It wasn't a lot of fun."

Paula Murray, who with her partner were having a party in their apartment when the elevator went out of service a couple of years ago.

"I don't like to complain, but it's very annoying. The building is fairly new but the elevators are a mess."

Nishant Grover, who says elevators are often out of service and don't get fixed quickly.

ALL PHOTOS BY LIZ BEDDALL/METRO

TRANSIT

TTC has tough budget choices

As it heads into the 2017 budget process, the TTC is facing a perfect storm.

Costs at the transit agency are rising, ridership is slumping, and city council has demanded spending cuts.

The painful trifecta leaves TTC leaders and council with no easy options, and little room for mistakes. The choices they make in the coming months could affect Toronto's public transit system for years to come.

For Jessica Bell, executive director of TTCriders, a union-backed advocacy group, the scenario has all the hallmarks of a "crisis."

"The TTC is already overcrowded. The service isn't good enough," said Bell, who cited issues like King streetcars full to bursting and malfunctioning air conditioners that have turned Line 2 subway cars into saunas this summer. "Breakdowns are becoming the new normal. (The budget situation) is just going to make it worse."

At the outset of the budget process, which begins next month with initial submissions to the city manager, the TTC's financial pressure is much larger than in previous years. It's facing $178 million in increased operating costs that it will have to cover just to maintain existing service levels next year.

TORSTAR NEWS SERVICE

FATALITIES

Three killed in Hwy 407 multi-vehicle crash

Three people died after a multi-vehicle crash on the westbound lanes of Highway 407 in Brampton that closed the westbound on-ramp lanes at Mississauga Road. Emergency crews arrived at the scene shortly after 3 p.m. on Sunday. At least one vehicle was in a roadside ditch.

TORSTAR NEWS SERVICE

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Syrian refugee children take part in activities indoors and out while attending H.appi camp in Toronto on July 12. CHRIS YOUNG/THE CANADIAN PRESS

Kids given a crash course in culture

SYRIAN REFUGEES

Fun and games help youngsters acclimatize to new country

It's a familiar chant belted out at summer camps across the continent, but the call-and-response uttered at one Toronto day camp on a sticky July day is hesitant, even shy.

"I don't know what you've been told!" an eager counsellor bellows in sing-song fashion at a group of young Syrian refugees.

"H.appi Campers cheers the most," her wary charges mumble back in broken English.

It takes a moment for the middle-schoolers to grasp this peculiar game, but three tries later, they gel into a more-or-less unified chorus.

"Five! Six! Seven! Eight! Weeeeeeee're great!" they holler, letting loose with exuberant cheers.

The fun and games at this day camp are more than just a rite of passage for these new Canadians; they're a key step in easing their transition into a strange country with unfamiliar customs.

H.appi Camper founder Mazen El-Baba says he tried to design a getaway that would offer the staples of any typical North American summer camp: drama, arts and crafts and sports.

But it would also offer much-needed lessons tailored to the specific needs of young Syrian refugees: intensive literacy classes, a crash course in Canadian cultural norms and self-esteem exercises.

That last goal is possibly the most challenging, given the fact that most of these war-weary children — 75 in all, ranging in age from five to 15 — have been through horrific traumas.

El-Baba says it's hard to know exactly how these kids are suffering because they have not been formally diagnosed with behavioural or mental-health issues. But they clearly bear the scars.

When confronted with something they've done wrong, it's not uncommon to hear a frustrated camper say, "I should go kill myself" or "I should go stab myself or shoot myself," says El-Baba.

"I'm not sure if they actually understand it because you're hearing that from an eight-year-old, you're hearing that from a nine-year-old," he adds.

"An eight-year-old and nine-year-old saying that, 'I want to stab myself,' it's really hard to hear that. It's like, 'Wow, OK, let's talk more about it.' That's some of the things we see."

THE CANADIAN PRESS

TURKEY

Canadian accused in failed coup

Brodie Thomas
Metro | Calgary

Family and friends of a Calgary imam who has been detained in Turkey say they are worried for his safety, as well as that of his wife and two children.

Davud Hanci is being detained by police in Turkey. Local media reports accuse him of helping with an unsuccessful coup attempt on July 15.

Ruveyda Durmus, Hanci's sister-in-law, said Turkish media have reported he arrived on July 13 when in fact he arrived there July 7 to see his ailing father.

Hanci had brought his wife, Rumeysa, and their two sons, aged 9 and 8, to see his father one final time. Durmus said her sister and the two children are not being detained at the moment, but they are afraid.

"I am trying to get help from the Canadian government," said Durmus. "They told me because he has dual citizenship, it's complicated."

Calgary imam Davud Hanci CONTRIBUTED

Political discord in Philadelphia

DEMOCRATIC CONVENTION

Opposition to Clinton makes itself heard

Republicans who dislike Donald Trump were mostly discreet at last week's nominating convention. They grumbled in private conversations, expressed their unease through hand gestures or jeered a procedural call by party brass.

It's noisier on the left.

The progressive brigade that refuses to march behind Hillary Clinton is loud, proud and in the streets at the Democratic convention. What was ostensibly a march for climate change Sunday included plenty of T-shirts for her primary opponent Bernie Sanders, for the Green party's Jill Stein and little discernible trace of support for her.

In fact, there appeared to be a greater number of anti-Clinton protest signs like "Not With Her" and "Never Hillary"

Activists march through Philadelphia on Sunday.
JEFF J. MITCHELL/GETTY IMAGES

in a visual demonstration of the challenge ahead for Clinton in uniting progressive voters.

That difficulty was underscored inside the official convention too. The party chair who supports Clinton was forced to resign, pushed out by the leak of emails showing an institutional bias during the primaries. There were also whispers about a possible convention protest against Clinton's choice of vice-presidential running mate.

And then there are voters like Valerie Duhl.

She's a Floridian who's supported Democrats for 22 years, but not this time. At a rally Sunday for an assortment of environmental causes like opposition to oil pipelines, fracking and other issues like genetically modified food and the Trans-Pacific Partnership trade deal, she said she's done.

When asked whether she worried that her choice might help deliver Florida to Donald Trump — and with it, the presidency — she didn't hesitate for a second.

"No," Duhl said.

"We are not going to vote for the lesser of two evils. We are going to vote for principles. We don't vote out of fear... I will not vote out of fear."

She's among those hoping Sanders pulls off some convention miracle and becomes the nominee. Assuming that doesn't happen — a safe bet — she said she'll vote for the Green party's Jill Stein. THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I want to romantically pursue a friend of a friend on Facebook. How do I make the first move? Should I directly message the one I'm interested in, or should I wait to confer with my friend?

Hello Ellen,

I need advice about Facebook relationships. I have a friend (I'll call her "AA") who has a friend (I'll call her "BB") that caught my attention. I messaged AA asking whether or not BB is single, but got no response. A couple of days later I noticed AA "liked" some photos that BB posted on Facebook. Should I send a message to BB to get a conversation going? I won't ask whether or not she is single, more like a comment. I am thinking I should say something before I miss my chance. Should I even try to talk to BB if I didn't get a reply back from AA? Thank you,

Signed,
L. Mike

Dear L. Mike,

You sent this letter a while back, so for all I know you and BB are married at this point, in which case congratulations. Or perhaps you're in jail for stalking her, in which case, I must apologize for not getting back to you sooner.

Approaching a love object is always tricky, but never more so than when it's on social media. You'd think things in print would be crystal clear, but the lack of facial expressions, tone and delivery can lead to disaster. I regret to say, and find it astonishing, that my own writing in emails, text messages, and indeed in this very column, is sometimes met with outright hostility.

We can't make anyone love us if we're not their cup of tea. All we can do is stick our necks out and risk humiliating rejection.

C'est la vie, not to mention chacun à son goût. My point is we can't make anyone love us if we're not their cup of tea. All we can do is stick our necks out and risk humiliating rejection in the hope of being understood and perhaps even loved.

This is not to suggest you pester BB on FB until she falls in love with you or calls the police. You must finesse your way in so as not to startle the creature, and leave her plenty of room to gracefully withdraw if she chooses to resist your advances.

If you have been introduced IRL, and you are not yet FB friends, you should immediately send a friend request. If she accepts, you may send a friendly message, and "like" (but not aggressively "love") her posts. It's also allowable to invite her to events you suspect (from her FB activities) she'd be interested in. Even better is an event where you and she might be surrounded by mutual friends — no stranger danger for her, and lots of buddies to attest to how awesome you are.

If she's interested, she will make something happen. If she's not interested (and remember, for all you know, she's in a relationship or otherwise unavailable), you will soon find out when she ignores you or AA calls to tell you that BB has blocked you.

Yeah, it'll hurt. But clarification is always a good thing. And at least you will be able to move on knowing you behaved like a gentleman.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

The new wave of advice columnists wants you to be happy, not obedient

Pop-culture science today is concerned with nothing so much as our feelings.

Avenues to the "good life" are proffered in endless studies on emotions and self-perceptions. Are you happy? Too stressed? Mentally centred? The whole spectrum of the contemporary, Western life is funnelled through this idea of how you feel.

And in this era of feelings, we're witnessing a new dominance of the advice column. Hugely popular, it's an old form of newspaper column newly tailored, if not tailor-made, for the web.

The same voyeurism exists, that urge to witness another person's disastrous, dishevelled life. But where advice columns were once about social decorum, now they're more about personal destiny: As much what should you do as who do you want to be. Sometimes they aren't even about the nitty-gritty advice; they're winding and impassioned essays on the messy state of modern humanness. And that's often the case with Heather Havrilesky.

Havrilesky writes the Ask Polly column for New York Magazine and has a new book of mostly new essays: How to be a Person in the World: Ask Polly's Guide Through the Paradoxes of Modern Life.

On Twitter, hers is a voice of inspiration tinged with the sardonic, a la this quip: "Never let anyone tell you your search for happiness is self-indulgent. You can't do a goddamn thing for anyone when you're depressed."

In person, Havrilesky speaks in the same meandering, quotable style of her column — starting in one place, taking a series of side trips and explanatory footnotes before arriving at some core insight about how we treat ourselves and each other.

"I think I've almost been studying happiness for the last for years, in a weird way," she told me during an interview for my podcast, Nth Wave. "The column gave me the opportunity to use the struggles that I had, to reframe my own experiences. I would take each letter and find some doorway into the other person's experience through my own."

Havrilesky rejects demographic tags, like millennial or soccer mom, which herd us "into this place of half-seeing." In length and tone, her work is expansive. She aims to connect people to their feelings and their compassion for themselves, "thereby connecting them to humankind at large." Humans are full of potential, she says. You only have to talk to them to find their "pocket of brilliance."

Aside from the wit and quirk and sharp edges, her advice is worth reading especially for this: To be reminded that someone in the world thinks so highly of us all.

Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

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Changing up the name game

TRENDS

Modern couples buck tradition when it comes to last names

Megan Haynes
For Metro Canada

By the time she married, Manitoba-based Crista Gladstone, 31, had a developed career as a socio-economic analyst under her maiden name. And her husband, Brody, 30, didn't want her to give up that recognition just to take on his last name, Semchuk.

But when their daughter, now two, arrived they faced a dilemma — what last name will she get? Gladstone and Semchuk were both ruled out and neither favoured hyphenation. The pair decided to blend both to create Semstone. Now the family has three different last names.

She's part of a small movement of families bucking the trend of adopting the husband's last name in favour of gender-equal alternatives, because in this post-feminism era why should the man's surname be the default?

Crista Gladstone and Brody Semchuk decided to blend their surnames into Semstone when it was time to name their first child. CONTRIBUTED

> Boys are brought up to assume their name is going to be with them from birth till death.
>
> Linguist scholar Donna Lillian

In today's "modern family" world, it's more accepted than ever that a woman might have a different last name than her husband, says Donna Lillian, a linguist scholar at the North Carolina-based Appalachian State University and president of the Canadian Society for the Study of Names.

But dig deeper and a status quo and stigma still persist: In Canada, eight in 10 women take their husband's last name, either at marriage or when kids are born, according to a 2016 survey commissioned by I Am A Mrs, a company that helps women change their surnames.

One U.S. study found 10 per cent of people believe women who keep their maiden names aren't as committed to their families, while 50 per cent think women should be legally required to adopt her husband's surname. Through her research Lillian also found once the topic of children comes up, there is near universal assumption they will take the father's name.

And forget about asking a guy to change his name. "Boys are brought up to assume their name is going to be with them from birth till death," says Lillian. "It's an inseparable part of their identity. Whereas girls are raised to assume their birth surname is something they borrow."

But it's 2016 and people like Gladstone don't think that was OK. She didn't give her daughters a different name as a political statement, but rather a way to equally honour both parents in the union.

And while she's in the minority, alternatives are more common than people may realize.

Children of divorce often have different names than their parents (which doesn't make them any less of a family), while recent immigrants sometimes change adopt more Anglicized-sounding monikers, says Diane Dechief, a lecturer at McGill who specializes in immigrant's names.

And in the LGBTQ community, it isn't uncommon for couples to explore alternatives. It's about finding solutions that work for everybody.

London-based John Laridon, 34, for example, paired his last name (Harrison, itself a blend of his parents' two last names; Anderson, his mom, and Hresewicz, his dad) and his husband's name (Lalonde) to create one that reflected both parties.

And in his case, it definitely doesn't detract from his familial ties. "We like the unity and beginning of something new together," he says. And in the end, isn't that what starting a family is all about?

ALTERNATIVES

What's in a name?
Couples aren't relying on tradition to dictate their names. Here are some alternatives that people are exploring:

Leave it to chance:
Some couples use the gender of their child to decide on a family name. If it's a girl, then the mom's name is passed down, if it's a boy, the dad's name is.

Combine two names:
Like Gladstone and Laridon, couples can blend their names to create an entirely new unit.

Hyphenate:
This route gets a lot of flak, but it's a common way for both parties to maintain their identities.

John, left, and Christopher combined their last names to became the Laridons after getting married in 2011. CONTRIBUTED

Use something different, but meaningful:
Lillian, for example, took her maternal grandmother's first name, while others could take a family surname that might otherwise be wiped out of existence.

MEGAN HAYNES/METRO

Money lessons should start in the home

LEARNING

Don't assume others will teach your kids finance savvy

Gail Vaz-Oxlade
For Metro Canada

Everyone believes kids should learn about money: how it works and how to manage it. But loads of folks seem to think it's someone else's job.

Money lessons should be taught at school.

Borrowing should be taught by lenders.

Banking should be taught by, well, bankers.

The federal government even appointed a task force to work on a national strategy for financial literacy.

I have to tell you, when the report came out over four years ago I was so NOT impressed I yawned.

Once again, everyone wanted to push the responsibility for teaching kids about money to someone else's plate.

Don't even get me started on how ill-equipped schools are to do this.

But, no doubt, school boards spent thousands of dollars to design curriculum, forcing teachers to squeeze it into an already crowded curriculum. (BTW, do you think your kids have gotten smarter about money in the past four years?)

The best place for kids to learn about how money works — and the role it should play in their lives — is at home.

Since money is a hot topic, and most parents are scared to death to even broach the subject with their kids, let's look at another "life lesson" that is taught at school but learned at home.

When kids are introduced to the food pyramid at school, they learn all about which foods are healthiest, and how much of each kind of food they should include in their diets.

But telling kids to eat five to seven servings of fruits and veggies each day has little impact if, when they get home, mommy and daddy serve up a hot dog, bag of chips and tin of pop.

Out the window goes the lesson just learned and kids come to know that the stuff they're taught at school is irrelevant to their lives.

And so it is with money.

We can talk about how important it is to save until we're blue in the face, if our kids don't see us saving at home, they won't learn the lesson.

And we can talk about becoming smart consumers, but if we whip out our credit cards every time something takes our fancy — or worse because our kids demand it — we're teaching them to embrace their Impulse Monkey.

Growing up in a financially sound home doesn't automatically translate into success for kids either.

AT HOME
Growing up in a financially sound home doesn't automatically translate into success for kids. Kids don't learn about money by osmosis.

Kids don't learn about money by osmosis. They need to be taught the rules of good money management. They need lots of practice to incorporate those lessons into their lives.

They need to be able to fail safely and adjust their thinking as they learn about how money works. And there's a lot to learn. So we should start early.

Want to teach your children to be financially successful?

Want them to avoid living from paycheque to paycheque?

Want them to steer clear of crippling student loans and credit card debt?

Time to take the reins of your child's financial education.

And if you have to do some learning (and make some changes) to make this work for your children, is that really such a bad thing?

For more money advice, visit Gail's website at gailvazoxlade.com

Kids can learn all about money management at school, but if they don't see it played out in the home they're going to think the lessons are irrelevant to their lives. ISTOCK

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metro SPORTS

"I stand up here humbled and overwhelmed": Ken Griffey Jr. was inducted into the Baseball Hall of Fame on Sunday alongside Mike Piazza

No blanket Rio ban for Russia

OLYMPICS

IOC steps back from complete sanction in spite of WADA report

Olympic leaders stopped short Sunday of imposing a complete ban on Russia from the Rio de Janeiro Games, leaving individual global sports federations to decide which athletes should be cleared to compete.

The decision, announced after a three-hour meeting of the International Olympic Committee's executive board, came just 12 days before the Aug. 5 opening of the games.

"We had to balance the collective responsibility and the individual justice to which every human being and athlete is entitled to," IOC president Thomas Bach said.

The IOC rejected calls from the World Anti-Doping Agency and many other anti-doping bodies to exclude the entire Russian team following allegations of state-sponsored cheating.

Russia's track and field athletes have already been banned by the IAAF, the sport's governing body, a decision that was upheld Thursday by the Court of Arbitration for Sport, and was accepted by the IOC again on Sunday.

Calls for a complete ban on Russia intensified after Richard McLaren, a Canadian lawyer commissioned by WADA, issued a report Monday accusing Russia's sports ministry of overseeing a vast doping program of its Olympic athletes.

IOC president Thomas Bach FABRICE COFFRINI/AFP/GETTY IMAGES

McLaren's investigation affirmed allegations of brazen manipulation of Russian urine samples at the 2014 Winter Games in Sochi, but also found that state-backed doping had involved 28 summer and winter sports from 2011 to 2015.

But the IOC board, meeting via teleconference, decided against the ultimate sanction, in line with Bach's recent statements stressing the need to take individual justice into account.

"An athlete should not suffer and should not be sanctioned for a system in which he was not implicated," Bach said after Sunday's meeting. Bach acknowledged the decision "might not please everybody."

Russian Olympic Committee president Alexander Zhukov presented his case to the IOC board at the beginning of Sunday's meeting, promising full co-operation with investigations and guaranteeing "a complete and comprehensive restructuring of the Russian anti-doping system."

The IOC also rejected the application by Russian whistleblower Yulia Stepanova, the 800-metre runner and former doper who helped expose the doping scandal in her homeland, to compete under a neutral flag at the Games.

While deciding against an outright ban, the IOC said it was imposing tough eligibility conditions, including barring entry for the Rio Games of any Russian athlete who has ever been sanctioned for doping.

The IOC said it would accept the entry only of those Russian athletes who meet certain conditions set out for the 28 international federations to apply.

THE ASSOCIATED PRESS

> **This is not about expectations. This is about doing justice to clean athletes all over the world.**
> IOC president Thomas Bach

Venezuela's Jhonattan Vegas tips a Mountie's cap to victory after winning the RBC Canadian Open at Glen Abbey Sunday. FRANK GUNN/THE CANADIAN PRESS

CANADIAN OPEN GOLF

Vegas dials in the delight after roaring to win at Glen Abbey

Jhonattan Vegas was glued to his phone.

The 29-year-old Venezuelan walked into the media conference centre set up at Glen Abbey Golf Club in Oakville, Ont., in the midst of a video call with his wife and baby daughter, then put the phone down briefly to answer questions from reporters about winning the RBC Canadian Open on Sunday. As soon as Vegas stepped off the stage he was back on the phone celebrating his second PGA Tour win.

"I didn't have a chance to talk to them after I knew that I had won and it's special seeing them that happy, enjoying that moment," said Vegas. "It's just an incredible moment, just to share it with the family, with the wife, with the people you love and care about. It's great."

Vegas birdied the final three holes for an 8-under 64 and one-stroke victory. The 29-year-old Venezuelan began the day five strokes behind leader Brandt Snedeker, and four behind U.S. Open champion Dustin Johnson and Canadian amateur Jared du Toit. He earned $1,062,000 US and a spot in the PGA Championship next week at Baltusrol in New Jersey as well as a spot in the Masters next year.

1954

A Canadian hasn't won the national open since 1954, when Pat Fletcher accomplished the feat at Vancouver's Point Grey Golf Club.

Although Vegas's playoff win at the Bob Hope Classic in 2011 launched his PGA career, the Canadian Open victory was more special.

"It definitely feels bigger, feels more exciting because I have a family to share this with," said Vegas.

Johnson, Martin Laird and Jon Rahm all finished 11 under for the tournament for a share of second place. Du Toit finished tied for ninth.

THE CANADIAN PRESS

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TOUR DE FRANCE

Froome toasts France's resilience

After the beer and champagne celebrations, Chris Froome delivered a sobering and emotional message from the Tour de France winner's podium on the Champs-Elysees.

Ten days after the Bastille Day truck attack in Nice that killed 84 people, Froome — a Kenyan-born British rider who often trains on the French Riviera — reminded everyone what the Tour stands for.

"We all love the Tour de France because it's unpredictable but we love the Tour more for what stays the same — the passion of the fans for every nation, the beauty of the French countryside and the bonds of friendship created through sport. These things will never change," Froome said on Sunday after securing his third Tour title in four years.

"Thanks for your kindness in these difficult times," Froome added, switching to French.

"Vive le Tour, Vive la France." THE ASSOCIATED PRESS

Happ strong-arms Jays over Mariners

MLB

Left-handed starter wins his seventh straight game

J.A. Happ came close to unravelling early in Toronto's 2-0 victory over the Seattle Mariners on Sunday.

A key strikeout of Nelson Cruz in the fourth inning turned things around, and the Blue Jays left-hander went on to earn his seventh straight win.

Happ began the fourth with a walk and a hit batsman before falling behind 2-0 to Cruz, who had racked up seven RBIs on a grand slam and three-run homer the previous day.

Two straight four-seam fastballs evened the count 2-2, another four-seamer got Cruz swinging on a 3-2 count, and Happ followed that with a second strikeout and pop up to end the inning.

"That's kind of my best pitch so I tried to use that and get ahead with that," Happ said of the pivotal at-bat. "When you're not hitting on your other stuff you have to rely on that."

Shortstop Troy Tulowitzki tags out would-be Mariners base-stealer Mike Zunino on Sunday. FRED THORNHILL/THE CANADIAN PRESS

SUNDAY In Toronto

2	0
BLUE JAYS	MARINERS

Happ (13-3) notched a career high in wins while walking four and striking out six through six innings of one-hit ball as the Blue Jays avoided a three-game sweep.

Edwin Encarnacion hit his 224th home run in a Jays uniform in the fourth inning to pass Vernon Wells for third place on the franchise's all-time list and Thole scored the other run for Toronto (55-44) on a double play in the sixth. THE CANADIAN PRESS

OLYMPIC ANNOUNCEMENTS

Bouchard commits to Rio
Eugenie Bouchard has confirmed that she will represent Canada at the Rio Olympics.

Bouchard had expressed concerns about the Zika virus and safety in Rio. THE CANADIAN PRESS

Li out to improve on London
Michelle Li, a fourth-place finisher at the 2012 London Games, and Martin Giuffre will represent Canada in badminton at the Rio Olympics. Li, who is from Markham, is ranked No. 19 in the world. THE CANADIAN PRESS

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RECIPE Sweet Corn Tostada with Black Bean Spread

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Summer's sweet corn has the starring role in this easy, meatless Monday dish.

Ready in
Prep time: 10 minutes
Cook time: 20 minutes
Makes: 4 servings

Ingredients
For the black bean spread:
- 1 can (14 oz) no salt added organic black beans, rinsed
- 1/4 cup extra virgin olive oil plus more for brushing
- 1/4 cup cilantro
- 1 clove garlic, sliced chopped cilantro plus 1/8 cup for garnish
- juice of one lime
- 1/4 tsp salt

For the tostadas:
- 8 corn tortillas
- 1 ear of corn of fresh corn or 1 cup frozen
- 2 cups shredded iceberg lettuce
- 3/4 cup grated Monterey jack cheese
- 1/4 cup sour cream

Directions

1. Preheat the oven to 425. Blend beans, oil, cilantro, garlic, lime juice and salt in a food processor, place. Place in a small bowl and set aside.

2. Boil corn until cooked. Remove from water and allow to cool before cutting kernals from ear. Place in a bowl and put aside. Place shredded lettuce, shaved cheese, chopped cilantro and sour cream in various small bowls.

3. Lightly brush each tortilla with olive oil and bake in the oven on a cookie sheet for about 7 minutes. Remove and serve immediately with the rest of the fixings.

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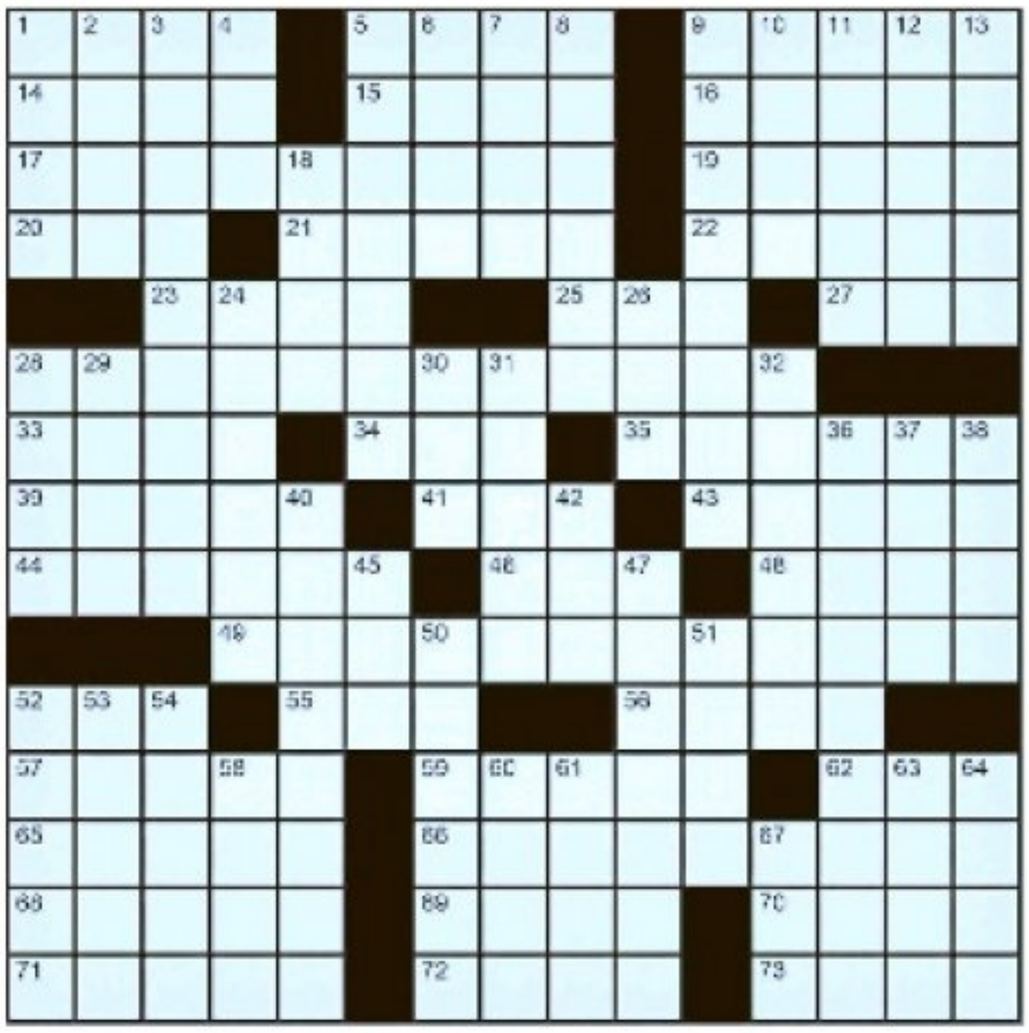
BY KELLY ANN BUCHANAN



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17. Augmented reality game app that's the Summer of 2016 craze: 2 wds.
19. Applying/employing
20. _ Cool (Green Day drummer)
21. William Shakespeare's mother Mary
22. Mountain chain
23. Viking operation
25. '_' _ for Calgary
27. 4 qts
28. Old Montreal street coverings
33. Baseball's Mr. Hershiser
34. Agnus _ (Mass prayer)
35. Warns to be watchful
39. _ _ dinner plates
41. Tunnel-blasting need
43. Plant life
44. Day-after-working-out complaint: 2 wds.
46. Muck
48. Pre-wedding party
49. Titanic embarked on its fateful one on April 10th, 1912: 2 wds.
52. Cul-de-_
55. Five Guys Named _ (Stage musical)
56. Family member
57. Like lips after collagen injections
59. Hair salon touchup sites
62. _ of the Covenant
65. Restrict
66. Prairie province person, perhaps
68. Dispatch boat
69. Sgt. Snorkel's comical dog
70. "One more thing..."
71. Carpentry joint part
72. Tuna: French
73. Didn't donate

DOWN
1. James T. Kirk's li'l title
2. 'Decor' suffix
3. Casino players feed the kitty with them: 2 wds.
4. Scot's uncle
5. Like the music for stringed instruments often
6. Loan
7. Advocate
8. Denver football player
9. Particular pronoun
10. _ Major
11. Stick, like dryer clothes
12. Miami Sound Machine tune
13. One of Charlie's '70s show trio
18. Put in the postal box
24. Flowering
26. _ _ pinch
28. Mozart opera, _ Fan Tutte
29. City near Provo, Utah
30. Adjust
31. Hint of hue
32. Generator system
36. Like wheels
37. Like some ancient Greek plays, briefly
38. _ advice
40. Quebec municipality that British rocker Peter just 'Comes Alive!' when thinking about it
42. Unit of weight [var. sp.]
45. ...vowel sequence...
47. Standing honour in the theatre
50. Mr. Mulroney of "The Wedding Date"
51. Banish
52. Impact sound in comics
53. Hit for Canadian singer Edwin
54. Curry powder ingredient
58. Fermented soybean paste
60. Pledge
61. Aware of the plot: 2 wds.
63. Carpentry tool
64. String snag
67. Hardwood flooring selection

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your moods will change suddenly, making you feel impulsive. You have a strong freedom-seeking urge. Yowsers!

Taurus April 21 - May 21
This is a restless day for you. Perhaps you are planning a surprise for a family member or a special event for your home. Enjoy entertaining at home.

Gemini May 22 - June 21
This is a great day to schmooze with others; however, a friend or a casual acquaintance will surprise you in some way. A spontaneous get-together will be fun.

Cancer June 22 - July 23
Stay light on your toes today, because relations with bosses, parents and VIPs are unpredictable. Fortunately, something unexpected probably will please you.

Leo July 24 - Aug. 23
Unexpected opportunities to travel might fall into your lap today. Similarly, chances to get further training or to learn something new might miraculously appear.

Virgo Aug. 24 - Sept. 23
Keep your pockets open, because gifts, goodies and favors from others will come your way today. Someone might do a favor for you (not too shabby).

Libra Sept. 24 - Oct. 23
You might feel some emotional tension with a partner or close friend today, perhaps because someone wants more space or more freedom. A lot of people feel this way right now.

Scorpio Oct. 24 - Nov. 22
Your work routine will be different today. A co-worker might surprise you, or staff shortages and technological problems might occur. Keep a positive attitude.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Know where they are at all times. Be careful about hazards. Meanwhile, an unexpected invitation will please you.

Capricorn Dec. 22 - Jan. 20
Real-estate negotiations plus family matters will please and surprise you today. Something favorable could occur, but it will be unexpected. To be safe, stock the fridge.

Aquarius Jan. 21 - Feb. 19
Today your mind will think outside of the box, which is why you are full of innovative, original ideas. Expect to meet new people and see new places.

Pisces
Feb. 20 - March 20
Trust your moneymaking ideas, because you're very clever today. However, impulse spending is likely. Forewarned is forearmed. Keep your receipts (and the box) just in case.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1	2				9			
3		8		2				
	6		4			3		
		4		9				5
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			6				1	7

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4	7	6	9	2	1	3	5	8
9	2	5	7	3	8	4	1	6
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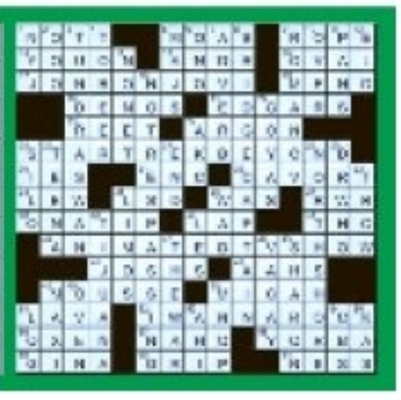

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